





The website home of the MPSSAA features a Respect The Game page with downloadable logos, public service announcements, public address announcements and upcoming events with information on ways you can contribute to sportsmanship in Maryland High School Athletics. Get involved and

Never Forget To Respect the Game.

ORGANIZED1946



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Member of The National Federation Of State High School Associations

Maryland State Department of Education 200 West Baltimore Street Baltimore, Maryland 21201 EDWARD F. SPARKS EXECUTIVE DIRECTOR

Greetings:

The very purpose of school based athletic programs is to provide an education in values. Personal values such as discipline, dedication, confidence, work ethic, character as well as social values like citizenship, respect and sportsmanship are among the many life skills learned from participation in interscholastic athletics. Our culture relies on the acquisition of these values in order to provide the foundation for personal and societal behavior.

The opportunity to learn how to channel human competitive spirit into a productive outcome that benefits individuals as well as society is a learning experience that is unmatched anywhere. Sport rule codes structure play within boundaries that provide for equitable competition. Acquiring the self discipline to respect opponents and authoritarian figures is the fundamental concept that everyone should take away from their high school athletic experience.

Recently six student-athletes represented the state of Maryland at the National Student Leadership Conference in Indianapolis, Ind. As part of their action plan for cultivating a stronger culture of athletic participation, they have created a student-athlete sportsmanship handbook. The words spoken through their voice are a reminder of why educationally-based athletics exist and what it has to offer students.

Every team takes on its own identity. Often that identity transfers to the reputation of the school. Individuals, teams and school communities are strongly encouraged to adopt a "Culture of Class" that marks their participation with distinction

Respectfully yours,

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Edward F. Sparks Executive Director, MPSSAA





# Respect the Game

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MPSSAA 2008-09 Sportsmanship Winners .	IBC

**Credits**: All material produced by the office of the MPSSAA with the majority of content composed by the MPSSAA Student Leadership Delegation of Martha Jacobs (Baltimore Polytechnic HS), Paige Puller (Kenwood HS), Lyndse Hokanson (South River HS), Courtney Jarvis (Westlake HS), Joshua Yates (North East HS) and Alex Eckard (Linganore HS). The student leadership delegation is pictured on the front cover in green shirts from their community service project at the NFHS National Student Leadership Conference. Cover and page layouts by Andy Warner, Assistant Director of the MPSSAA. Photo credits to George Smith. All quotes on page 7 and the back cover are from written responses in the 2007 MPSSAA Sportsmanship Survey.

Never Forget To Respect the Game





Created By Student-Athletes, For Student-Athletes

## **Respect** our diversity

Embracing diversity is everyone's responsibility and obligation. Respect all individuals regardless of race, ethnicity, gender, sexual nature or religious beliefs. Comments, slurs, innuendos, gestures or actions that degrade anyone are not to be tolerated.

When you don't respect others you don't respect yourself

### **Respect** being a student-athlete

Being a student-athlete carries responsibilities because you represent yourself, family, school and community. As a highly visible program in your school, your academic success is also reflected in your athletic success. Taking pride in academics is as important as taking pride in athletics. **A complete student-athlete excels in the classroom and on the playing field** 

## **Respect** those who make the games possible

Without those who make the games possible there would be no games. Treat officials, coaches, administrators and parents with the respect they deserve for offering their time to make the sports we play possible.

Participation in athletics is not a right; it's a privilege bestowed by those who make it possible

## **Respect** yourself and your visibility

The most important eyes on you may not be the ones you see. Respect your responsibility as a role model because you may have a crucial role in someone's life and not even know it. **Remember your actions speak louder than words and be cognizant that others are watching** 

## **Respect** the game's integrity

If your opponent plays dirty it is not an excuse to retaliate. Respect your commitment to playing the game and not dirty play. Stay focused on doing your best instead of bringing down others. You can't get ahead trying to get even

## **Respect** the essence of winning

Respect your opponents in victory because one day you will be in their shoes. Be humble in victory and mindful of your opponent's efforts and dedication. Without opponents there are no games. Being humble speaks for itself

### **Respect** the opportunities provided

The opportunities to participate in athletics are not rights but rather a privilege unmatched in any other country in the world. Be mindful that the game is bigger than anyone and that representing ones community and school is a privilege that should not be taken lightly.

The name on the front is more important than the name on the back of the jersey

Respect the Game





What I Wish My Parents Knew About

Me Participating in High School Athletics

**1 Wish My Parents** thought twice before they make the comments they do because they don't know that the person who knocked me over may have just sincerely apologized. They don't know they may be just trying to keep up after coming back from an injury. They don't know that the only reason they may be playing is just to make friends and have fun.

**7 Wish My Parents** remembered that everyone playing is someone's child, someone's sibling and someone's friend and when they make the comments they do; it is the mother, father, brother, sister or friend that are the ones that hear them. What if another parent was criticizing me, how would you feel and what would you say?

**7 Wish My Parents** would leave their egos at the gate when they pay to come watch me play. I don't play to relive their memories but to make my own and in return all I ask for is their support.

**7** Wish My Parents knew that when they yell at the coach or the official they are not helping me, but rather hurting me. It is embarrassing, a distraction, and encourages every-one else to act with the same poor sportsmanship behavior they are projecting.

**7** Wish My Parents remember that they are a direct representation of our school and community. What they do sets a standard for expectations of our fans and players. Any and every action has a reaction and the negative ones by them create a poor standard for all of us. Welcoming and treating opponent's parents and fans the same as they want to be treated when we play at their site sets far more of an example than any comment during the game.

**7** Wish My Parents remember that I am a reflection of them and they are one of me. We both create an image that the other has to live with. Respect the fact that I want to be respected.

**1** Wish My Parents knew that the stress that they put on us after practice may affect future performances. When we are fatigued, it takes understanding by our parents that we are putting our best effort forward all the time, and that we just need their encouragement not their criticism.

**1 Wish My Parents** understood that school is still a big priority even though athletics are important. Athletics are not what is going to get me into college, but rather my achievements inside the classroom matched with what I learn outside the classroom.

Respect the Game





What I Wish My Coaches Knew About Me Participating in High School Athletics

7 Wish My Coaches knew we cling to their actions and listen to their every word. How they treat others becomes a direct reflection on how we treat others. When they don't act with sportsmanship, respect, or make ethical decisions they are not the positive role model we need.

Wish My Coaches knew that we have more responsibility than just sports and we need their understanding and guidance to help balance our lives instead of adding stress.

Wish My Coaches knew fear is an unacceptable way to coach and that their players will trust and appreciate them more if they treated them with respect instead of yelling and degrading them.

Wish My Coaches understood that they are more than just a coach of X's and O's but rather a coach in everything we do. We look up to them as our leader, our inspiration, our mentor, and our teacher. They show us the skills and tools we need to be successful on and off the field, and we implement what they show us whenever and wherever we can.

Wish My Coaches realized the field is also the classroom for teaching us more important things that will take us far in life. Characteristics that they demonstrate are ones that we look to recreate in everyday life. What they show us creates for better human beings not just better athletes. They are not just our coach; They are our role models.

Wish My Coaches realized the messages they are sending when their actions are marred by the notion of only winning. Do they really want us to see them yelling at the referee? Do they want us to hear them degrading the other coach? Do they want us to learn that fouling is the way to get ahead? They want us to listen to them but are they even sending the right message? We look up to them and respect them, but when they look back at us and see their poorer qualities do they realize that is a reflection on them? Remember coach, we are always watching you.

Wish My Coaches remember that this is our school, our community's team and that is who we represent. Lead the way in a manner that would make us and our family proud. Foster a give and take relationship so that you can learn from us and we can learn from you. Being our coach means being the father or mother figure that has to make the tough decisions, but always the right ones because that is what is best for us in the big picture.

Respect the Game





What is a Student-Athlete

#### Which statement is true?

High school sports are a privilege provided to the student because of the accomplishments in the classroom?

## OR

Student-athletes higher achievement levels in the classroom are directly related to the life skills learned from their athletic participation?

## The answer is both statements are true because anyway you look at it; <u>Student-Athlete</u> is the ultimate <u>balanced</u> <u>equation</u>!!!

**Being a student - athlete** involves realizing that you must maintain a strong work ethic and devotion to both sides of the equation. After all, one does not exist without the other.

Being a student - athlete means understanding that priorities come before privileges.

**Being a student - athlete** means acting with integrity, following all rules and codes of conduct and exhibiting good sportsmanship, even when others do not.

**Being a student - athlete** means practicing good time management and realizing that a commitment to excellence in both athletics and academics is important to achieve in either.

Being a student - athlete means understanding the balance of the student-athlete equation.

- *A student athlete* is able to uphold the same high expectations to perform in their respective sports as is required in maintaining grade point averages.
- *A student athlete* understands their performance in the classroom leads to their ability to perform on the field or court.
- *A student athlete* realizes what they learn from participating can be applied to how they approach learning in the classroom.

Respect the Game





The following are quotes directly from student-athletes in the state. These responses were given during the MPSSAA sportsmanship survey administered in the spring of 2007.

"To respect the game means to play the game by the rules, how the game was intended to be played. Respecting the game also means to respect the opposing team and your own team. Along with respecting the teams, it also means to play with your head and heart and skill, not by foul play and taunting." - MPSSAA Student-Athlete

"Respect the game means to me that you should play the game in as mature and responsible way as possible and have fun doing so. You shouldn't berate anyone playing, coaching or officiating." - MPSSAA Student-Athlete

"Respect the game to me means that you must respect your surroundings and the opposing team as well as fans. Be very kind and make sure that you are representing your team, school and/or association well." - MPSSAA Student-Athlete

"Respect the game means much more than respecting just the game. It means respecting your coach, teammates, opponents, and especially yourself. You need to have good sportsmanship while participating in any sport, whether it's not speaking while they shoot, or wishing them good luck. Respect is a huge part of the game. Nobody can enjoy themselves without it and that's the real purpose why we're all playing in the first place, right?" - MPSSAA Student-Athlete

"Respect the game means to play it how our primitive ancestors meant the game to be played – with dignity and for the love of it." - MPSSAA Student-Athlete

"The referees, the facilities, the entire game is a privilege to play. The competition we all love is based upon certain things and those things should be respected." - MPSSAA Student-Athlete

Respect the Game





What We Learn From Participating

Attitude

Everything that we approach in life requires a strong mind and the right sense of mind. Sports are the true test of who has an attitude that leads to success.

#### **Belief**

Achieving in high school sports gives student athletes the ability to believe in themselves, and with belief comes further success.

The chain is infectious.

#### Balance

Student-Athletes learn that the key to being an effective member of this group is to keep in mind that you can't have a great deal of success on one side without the other. Sports reinforces the skills that allow us to become strong in the classroom, but we can't gain those skills without first dedicating ourselves wholly to succeeding in the classroom.

#### Character

Sports not only build character, they reveal what is within us. We learn that finding the right character leads to making the right decisions even when no one is watching.

#### Courage

Student-athletes recognize that they must develop the ability to sense fear, and then pursue onward. Recognizing fear yet still daring to risk failure is what makes a student-athlete mentally ready to compete, at anything in life.

#### Chemistry

All high school sports are team sports. They involve the hard work and determination of every athlete on the team. At the end of the day, it takes a sense of knowing that the team is bigger than you. Through high school athletics, all players must learn to coincide with others of different skill levels.

#### Determination

High school athletes learn to be driven, and goal minded. In any sport, every athlete must share a common goal in order for their team to achieve. It is the determination of each athlete to meet challenges and conquer them that creates successful human beings.

#### Dedication

The most successful student-athletes are those that commit their entire being to what they do.

Whether it is three sports, four clubs and three honors classes: the only person that will be able to successfully manage the stresses of high school athletics is the one who dedicates their self to giving 100% in everything they do. When we cheat one thing, we cheat everything. We must give our all in everything we do.

#### Desire

With determination, student athletes internalize a subconscious characteristic of desire. This competitive fire to achieve is another facet of a successful studentathlete's continual strife for excellence. If any high school athlete thinks that they have reached the ultimate point of success, and find no need to keep going, they have lost one of the most important pieces to the puzzle. Going for what they want until we are tested. Then makes any person more successful than those that just wait.

### Discipline

Disciplined athletes display discipline even when people aren't looking. It is this discipline that we learn from being with other teammates and witnessing the success of other teams. We learn that through the discipline of others we can become disciplined ourselves and do what is necessary to achieve. Most of the time, this sense of looking after ourself is not evident we find out who has the proper character





## What We Learn From Participating

Ability to handle Adversity Accountability Attitude Balance Belief Character Chemistry Collaboration Rommunication Confidence Control Cooperation Courage Dedication Desire Determination Discipline Goals Good Decisions Hard work

Heart Honesty Humility Inclusion Independence Integrity Kindness Leadership Pride Priorities Respect Responsibility Sacrifice Selflessness Sportsmanship Success Teamwork Team spirit Time management Trust

Respect the Game





As a student-athlete you are already a role model whether you know it or not. In representing your school and community, you become a role model for underclassman who will be standing in your position in the not to distant future and for the little kids who one day dream of wearing the same jersey's you don. Taking pride in this privilege means setting the stage for leaving the programs you are so passionate about playing in a better position then when you found them.

Being a Role Model

Being a Role Model is leading by example and being cognizant of your actions because the most important eyes on you may not be the ones you see. It is being able to not only tell others what is right but to show them.

Being a Role Model means understanding your place in society and honoring your opportunities to do what's right even if nobody is watching.

Being a Role Model is taking pride in your position on the team, giving your all even in times of despair and doing so with honor, respect and integrity.

Being a Role Model is doing what you're supposed to without complaints or selfishness and demonstrating positive values.

Being a Role Model means you are showing someone good things that can maybe change someone's life.

Being a Role Model is setting standards and living by those standards in everything you do.

Being a Role Model means making tough decisions regardless how popular they may be. It is doing the right thing because that is the right thing to do.

Being a Role Model is understanding you can't get ahead trying to get even and taking your actions to a level above dirty and unfair play.

**Being a Role Model** is realizing true victory is accomplished through doing what's ethically right.

Respect the Game





Being a Leader

Student-Athletes embracing the leadership role they hold in their school is a crucial part of interscholastic athletics. A leader is not an honor solely bestowed on selected team captains but a responsibility of all student-athletes. Accepting this responsibility encourages others to follow in your footsteps toward projecting an environment that honors respect for all those that play and make the games possible.

**Being a Leader** is a privilege that comes with numerous responsibilities and a full commitment to those responsibilities. It is being able to follow your heart and to stand up for what is right.

Being a Leader is understanding your actions and words have consequences and using that knowledge to set good examples for others to follow.

Being a Leader is keeping your team and their chemistry together even amidst defeat or adversity.

Being a Leader means you understand the true meaning and effects of sportsmanship, responsibility, positive attitudes, integrity and honesty.

Being a Leader a means being a motivator and always having a positive view.

Being a Leader is also being a servant. Make sure you look out and respect your fellow teammates and opponents. This will earn you their trust and respect.

Being a Leader means empowering those around you to make good decisions through examples of graciousness in defeat and humility in victory.

Being a Leader takes having pride in yourself, understanding the responsibility of having others follow in your path. This includes having pride in your actions, your words, your decisions on and off the field, and the manner with which you carry yourself.

Respect the Game





Are you Ready to make the call...

As a student-athlete, there will be many times when you will be faced to make tough decisions, sometimes at the spur of the moment. When the time comes are you ready to make the right call.

It is the preseason and you know that a friend trying out for your team no longer lives in your school district making them ineligible. If your coach finds out after the season starts, you know he/she is going to have to report the ineligible player and you will end up forfeiting any games the player participates in, possibly jeopardizing your team's season. **--- Your Call** 

You are being stretched out like a rubber band with trying to prioritize school, athletics and work. You feel there is so much expected out of you from your parents, coach, friends, boss and teachers. You have a big test next week and your coach schedules an extra practice and you are also schedule to work at the same time. --- Your Call

You are in the middle of a big game when a player on the opposing team takes a cheap shot at you. Everyone sees it except for the officials who were following the play down the field. --- Your Call

Last season, after a game with a rival high school someone broke into your school's stadium and vandalized the new turf field. Although nothing was proven, everyone believes it was players from the rival team who committed the deed. Heading into this year's contest, you overhear some of your teammates planning retaliation. --- Your Call

You realize as the season goes on that some of your fellow upperclassmen have been treating the rookies harshly, making them carry their bags, clean up after them and constantly making fun of them. It has gotten to the point where you overhear the rookies talking about quitting. **--- Your Call** 

Respect the Game





Respect the Game

• **Respect** your opponents as fellow athletes and worthy competitors; like you, they have worked hard to represent their school.

• **Respect** your teammates. Everyone makes a contribution to the team in his or her own way. Respect everyone's effort.

• **Respect** your coaches for their efforts in molding the team that represents your school.

• **Respect** officials for their efforts in keeping the game within a set of boundaries. Recognize that a neutral observer of an event will not always agree with your perceptions.

• **Respect** yourself. What you do is a reflection on you, your school and your family.

Never Forget To Respect the Game



## Quotes



If it is a cliché to say athletics build character as well as muscle, then I subscribe to the cliché. – Gerald Ford, 38th President

I've never known anybody to achieve anything without overcoming adversity.

- Lou Holtz, Football Coach

The values learned on the playing field – how to set goals, endure, take criticism and risks, become team players, use our beliefs, stay healthy, and deal with stress – prepare us for life. – **Donna de Varona, Olympic Champion Swimmer** 

The glory of sport comes from dedication, determination, and desire. Achieving success and personal glory has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day you know there was nothing more you could have done to reach your ultimate goal.

#### - Jackie Joyner-Kersee, Olympic Track and Field Gold Medalist

"One man practicing good sportsmanship is far better than 50 others preaching it."

- Knute Rockne, Football Coach

Sports create a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline, and a genuine, sincere, pure fulfillment that few other areas of endeavor provide.

#### - Bob Cousy, Hall of Fame Basketball Player

Sports gives us the ability to test ourselves mentally, physically, and emotionally in a way no other aspect of life can. For many who struggle with fitting in or our identity, sports gives us our first face of confidence. That first bit of confidence can be a gateway to many other great things. – Dan O'Brien, Olympic Track and Field Athlete

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work. – Vince Lombardi, Football Coach

Respect the Game





## Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Stu- dent Athletes	546,335	452,929	1,071,775	470,671	36,263	358,935
High School Senior Student Athletes	156,096	129,408	306,221	134,477	10,361	102,553
NCAA Student Athletes	16,571	15,096	61,252	28,767	3,973	19,793
NCAA Freshman Roster Positions	4,735	4,313	17,501	8,219	1,135	5,655
NCAA Senior Student Athletes	3,682	3,355	13,612	6,393	883	4,398
NCAA Student Athletes Drafted	44	32	250	600	33	76
Percent High School to NCAA	3.0%	3.3%	5.7%	6.1%	11.0%	5.5%
Percent NCAA to Professional	1.2%	1.0%	1.8%	9.4%	3.7%	1.7%
Percent High School to Professional	0.03%	0.02%	0.08%	0.45%	0.32%	0.07%

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages. Information was last updated in February, 2007 and can be found at NCAA.org in the websites athletics and academics section.



**Student-Athletes** 

## What Can I Do



There are many different actions we can take to both prevent problems and promote good citizenship. Some of the most powerful actions we can take are individual and involve only ourselves or those closest to us. Other actions can be taken within our existing teams or groups and involve creating or becoming involved in new groups or organizations in our school and community. Either individually or with other student and adult leaders you can make a difference by doing your part to promote a "Culture of Class".

#### Individual

- Role model good sportsmanship
- Helping opponents to their feet after a fall during a game.
- Shaking hands and congratulating opponents
- Encourage your parents to display good sportsmanship
- Welcome officials with a handshake prior to the game and thank them afterwards.
- Speak to younger students about the expectations of good sportsmanship at your school.
- Organize group and team activities to build team chemistry.

#### Team/School

- Write and design your own team's public service announcement to be read prior to the start of your home games addressing your expectations as participants for the conduct of fans and spectators.
- Develop a captain's program where each team's captains meet regularly to discuss leadership, sportsmanship and how to instill those values in their teams.
- Develop student-athlete clubs that focus on welcoming opponents, creating sportsmanship initiatives, developing leadership and team building programs and focusing on working with the community including doing community service projects.
- Contribute to school paper or booster club newsletter with feature articles about sportsmanship, citizenship and expectations from student-athletes of spectators at events.

#### County/Regional

- Develop a student-athlete advisory committee with school administration or local school system to organize leadership workshops and develop and revise policies/codes that affect student-athletes.
- Work as an ambassador or partake in the award ceremonies at county and regional championships.

#### My Action Plan

Action Plan For (describe the action or activity)

When will this take place?\_\_\_\_\_ Where?\_\_\_\_\_

Tasks: What needs to be done to carry out this activity?	Responsibilities: Who will make sure that it happens?



a contest whether a player, coach or fan must adhere to conduct that does not take away from the spirit of fair play. Respect must be demonstrated by each participant or spectator--- MPSSAA Principal